



2IBCT builds partnerships at Cobra Gold 18

Story and photos by
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25th Infantry Division Public Affairs

KORAT, Thailand — Throughout every major conflict, U.S. forces have worked closely with foreign partners at multiple echelons.

Without interoperability and partnerships between foreign allies, accomplishing the mission could be much more difficult.

This is why exercises such as Cobra Gold are so important for service members of the U.S. military, said U.S. Army 2nd Lt. Johnson Lamwathananon, a platoon leader with 1st Battalion, 21st Infantry Regiment, 2nd Infantry Brigade Combat Team, “Warrior Brigade,” 25th Infantry Division.

Building relationships with soldiers from allied nations allows the U.S. military to work seamlessly with them and accomplish any mission that comes their way.

Cobra Gold 2018 (CG18) is a Thailand and U.S. co-sponsored theater security cooperation exercise conducted annually in the Kingdom of Thailand. 2018 is the 37th iteration of the exercise, which is designed to advance regional security and ensure effective responses to regional crises by bringing together multinational forces in the Indo-Asia Pacific region.

During CG 18, Soldiers of the “Warrior Brigade” continued to build that interoperability throughout Thailand as they worked shoulder-to-shoulder with their counterparts from the 133rd Inf. Bn., 23rd Inf. Regt. of the Royal Thai Army from Feb. 13-23.



U.S. Army engineers from 1st Bn., 21st Inf. Regt., 2IBCT, 25th ID, and their Royal Thai Armed Forces counterparts from the 133rd Inf. Bn., 23rd Inf. Regt., rush to destroy an enemy entry control point with a Bangalore torpedo during a live-fire exercise during Exercise Cobra Gold 2018 at Phu Lam Yai, Nakhon Ratchasima, Thailand, Feb. 18.

ability throughout Thailand as they worked shoulder-to-shoulder with their counterparts from the 133rd Inf. Bn., 23rd Inf. Regt. of the Royal Thai Army from Feb. 13-23.

“In a world filled with countless nations and people, having allies to work

with is an important part of our national defense module,” said U.S. Army Lt. Col James Hart, commander of the 1st Bn. 21st Inf. Regt. “This is why the partnerships and friendships built during Cobra Gold are so pivotal.”

During CG 18, Soldiers of 2IBCT par-

ticipated in several round robin style training events, to include Military Operations in an urban environment, a combat stress shoot, squad training exercises and jungle survival training. They also worked shoulder-to-shoulder with the Royal Thai Army to conduct live-fire exercises and participate in a culminating combined arms live-fire exercise.

“As we worked with the American forces, we were able to understand how they operate while showing them how we do that same task,” said Royal Thai Army 2nd Lt. Nattapat Sooksiri, a rifle platoon leader with 133rd Inf. Bn., 23rd Inf. Regt. “As we go forward, we can take the best parts of each others’ techniques and apply them to how we accomplish the mission.”

As the U.S. military continues to work in a joint and combined environment every day, being able to do so at the lowest level can help prepare U.S. service members for success when called for real-world contingencies with foreign allied partners.

“I hope that my Soldiers understand the importance and magnitude that exercises like Cobra Gold bring to the table,” said Sgt. John Murray, a team leader with B Company, 1st Bn. 21st Inf. Regt. “If we were to deploy to a combat zone with the Royal Thai Army, the relationships (that) build upon trust that have been formed here will allow us to be much more effective on the battlefield. Working with these Soldiers now will better prepare us for anything we are called to do.”



Left — Soldiers from 1st Bn., 21st Inf. Regt., 2IBCT, 25th ID, watch as their Royal Thai Armed Forces counterparts from the 133rd Inf. Bn., 23rd Inf. Regt. conduct room clearing in Military Operations in an Urban Environment during Exercise Cobra Gold 2018 on Camp Friendship, Thailand, Feb. 18.



U.S. Army Pfc. Heather Wilding, a medical specialist with 1st Bn., 21st Inf. Regt., 2IBCT, 25th ID, records the vital signs for the simulated medical evacuation patient at the Role 2 Medical Area on Camp Friendship, Korat, Feb. 15, as part of Exercise Cobra Gold 18.

Right — U.S. Army Spc. Kacey Langley of the 1st Bn., 21st Inf. Regt., 2IBCT, 25th ID, watches as a soldier from the Royal Thai Armed Forces demonstrates how to sharpen a blade for survival in an isolated environment at the Jungle Survival Training site as part of Exercise Cobra Gold 18 on Camp Friendship, Korat, Feb. 15.



U.S. Marines with Apache Company, 3rd Light Armored Reconnaissance Bn., Combat Assault Bn., 3rd Marine Division, head toward an objective in a Light Armored Vehicle during a live-fire exercise with the U.S. Army’s 1st Bn., 21st Inf. Regt., 2IBCT, 25th ID, during Exercise Cobra Gold 2018 at Phu Lam Yai, Nakhon Ratchasima, Thailand, Feb. 20.



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25TH INFANTRY DIVISION
News Release

SCHOFIELD BARRACKS — Colin Davis, a 25th Infantry Division antiterrorism officer (ATO), was recently recognized at the Army Antiterrorism Conference in Orlando, Florida, for his efforts in support of Pacific Pathways rotations in 2017.

He was nominated for and earned this Army-level award for his efforts during Pacific Pathways missions in 2017 that were flawlessly executed from a security and antiterrorism perspective, said Lt. Col. Chip Poole, the 25th ID provost marshal.

Davis received a Certificate of Achievement from the Army’s provost marshal general, Maj. Gen. David P. Glaser.

Davis has been part of the 25th ID for five years, half as an active duty Army major and half as a Department of the Army civilian. He’s currently a major in the U.S. Army Reserve.

He was nominated for this award by Poole, who said Davis is deserving of the award for his efforts not only in the 25th ID, but also for his efforts in joint and partner units across the Pacific.

“Colin Davis is an outstanding member of the 25th Infantry Division staff and serves the nation as both a D.A. civilian and officer in the Army Reserve,” Poole said. “We are fortunate to leverage his antiterrorism subject matter expertise during operations here on Oahu and throughout the PACOM (U.S. Pacific Command) area of responsibility.”

As the 25th ID ATO, Davis is responsible for planning, coordinating and execut-



Courtesy photo

Colin Davis, an antiterrorism officer with the 25th Infantry Division, won an Army-wide award for his efforts in Pacific Pathways 2017.

ing antiterrorism and force protection operations with combined and joint partners throughout Southeast Asia.

Davis’ efforts help to curb terrorist threats where Tropic Lightning Soldiers operate and train in the Pacific or possibly other locations around the world.

“There are real-world terrorists that work in these countries that want to disrupt us,” Davis said. “We work in support of the exercise while working hand-in-hand with our host countries.”

He prepares detailed antiterrorism plans

for each mission that are specific to the possible threats present in each country where U.S. forces train and operate. During 2017, Davis deployed to Thailand, the Philippines and Malaysia, and he ensured that exercises at each location were conducted safely. He leveraged the capabilities of host-nation law enforcement and military forces.

“It’s nice to be recognized as part of the division’s civilian workforce. I don’t PCS (make permanent change of station moves). I’m really invested in the division’s long-term success,” Davis said.

Police Call

Dog owners must follow USAG-HI regulations

SGT. 1ST CLASS RAQUEL OROZCO

Operations Noncommissioned Officer
Law Enforcement Division
Directorate of Emergency Services
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Many of us enjoy the company of dogs – whether as companions, for emotional support or for assistance.

However, to ensure our furry friends receive the best quality of life without endangering our communities, we must be proactive, responsible dog owners and abide by U.S. Army Garrison-Hawaii’s breed restrictions and animal registration policies.

How to be a responsible dog owner

The following are some traits of responsible dog owners:

- Register your dog(s) with the Veterinary Clinic and Island Palm Communities’ offices (per policy USAG-HI-13 of 2016).
- Take your dog(s) to the vet for annual checkups and to keep up-to-date on vaccinations.
- Provide your dog(s) with adequate food, clean water and exercise daily.
- Groom and bathe your dog(s) regularly.
- Provide your dog(s) with basic training and use a leash when out in public.
- Microchip your dog(s). This is required on military installations.
- Clean up after your dog(s), especially in public areas.
- Treat your dog(s) with love and respect; do not abuse or neglect them.

Prohibited breeds

Prohibited breeds include Pitbull terriers,

“Money can buy you a fine dog, but only love can make him wag his tail.”
–K. Friedman

Staffordshire Terriers, Chows, Rottweilers, Doberman Pinchers, wolf hybrids or dogs with a mix of any of these breeds (per policy USAG-HI-22 of 2016). The only person authorized to grant an exception is the USAG-HI commander.

Service dogs and emotional support dogs must have appropriate documentation noting the task the dog supports and a letter from a licensed veterinarian verifying the dog has no aggressive or violent tendencies.

When loose or abandoned dogs are reported, Animal Control Law Enforcement personnel will conduct a check and locate the owner. If contact with the owner is not made, then the dog is transported to the Provost Marshal Office temporary kennel.

When located, owners may be cited for failure to maintain the animal or for any violations in regards to care of the animal. The animal will either be returned to the owner or transported to the Hawaii Humane Society.

Regulations

For further information on the above, feel free to look into these regulations:

- USARHAW Reg. 1, Chapter 3-21, General Prohibitions. About abandonment, feeding feral animals, breeding, housing of aggressive breeds, licensing and registration, control and care of animals, penalties.



File photo

- USAG HI-13, Stray and Feral Animal Control.
- USAG HI-21, Army Installation Microchip Program.
- USAG HI-22, Prohibited Dog Breeds on USAG HI Installations.
- AR 40-905, Chapter 4, Veterinary Health Services.
- Hawaii Revised Statutes 143-4, Issuance of License and Tags.
- DES Attachment 22.
- Island Palm Communities Resident Guide and Community Standards Handbook.

Captain dismissed, specialist gets bad conduct

The Staff Judge Advocate, 25th Infantry Division, has posted the following court-martial.

• Feb. 2, at a general court-martial convened at Wheeler Army Airfield, Capt. Joseph L. Simmons, U.S. Army, was convicted by a military panel consisting of officer members, contrary to his pleas, of one specification of failure to obey a lawful general regulation, one specification of sexual assault of a child, one specification of sexual abuse of a child, and one specification of obstructing justice in violation of Articles 92, 120b and 134, Uniform Code of Military Justice (UCMJ).

The members sentenced the accused to be confined for one year and six months, and to be dismissed from the service.

Q: Why does the Hawaii Army Weekly publish court-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent court-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

• Feb. 20, at a general court-martial convened at WAAF, Spc. Michael D. Royal, U.S. Army, was convicted by a military judge, pursuant to his plea, of one specification of

wrongful possession of child pornography in violation of Article 134, UCMJ.

The military judge sentenced the accused to be reduced to the grade of E-1, to be confined for 12 months, and to be discharged from the service with a bad conduct discharge. A pretrial agreement had no effect on the sentence.

Federal Convictions. In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.

Voices of Ohana

Because March is National Women’s History Month, we wondered,
“Which historical woman do you admire and why?”
By 2nd Infantry Brigade Combat Team Public Affairs, 25th Infantry Division



“Mary Shelley. She was a British author from a time when it was socially difficult to be an author as a woman. She is best known as the writer of the Frankenstein.”

Sgt. Andrea Fender
88N Transportation coordinator
HHC, 225th BSB



“Rosa Parks. She was brave in a time that didn’t accept her. The personal courage and sacrifice she went through was inspiring.”

Pvt. Ricardo Ramos
Rifleman
A Co., 1-27th Inf.



“Audrey Hepburn. She was smart, beautiful, a successful actor and empowering. She was an example of giving when it came to humanitarian work.”

2nd Lt. Summer Thomas
91A Ammo officer
HHC, 225th BSB



“Mary Todd. Taking stress of the family for the president and making her own way.”

Staff Sgt. Ricky Tipton
Senior mechanic
Dealer Troop, 2-14th Cav.



“Amelia Earhart. She pushed the envelope to do something a woman has never done before. She broke barriers.”

Pvt. 1st Class James Winchell
Driver
D Co. 1-21st Inf.

18th MEDCOM welcomes its new commander

Story and photo by
STAFF SGT. LUISITO J. BROOKS
18th Medical Command (Deployment Support)

FORT SHAFTER — The 18th Medical Command (Deployment Support) conducted a change of command ceremony at historic Palm Circle, here, March 2, to bid farewell to Col. Ann Sammartino, outgoing commander, and to welcome incoming commander, Col Edward H. Hailey.

Brig. Gen. Bertram Providence, the commanding general of the Regional Health Command-Pacific (RHC-P), hosted Soldiers, staff, families, friends and distinguished guests who gathered to honor and recognize the colonels as they take on their new roles.

“Today we witness the change of command between two excellent officers,” said Providence. “Col. Sammartino’s performance has been phenomenal.”

He added that, as the commander of the 18th MEDCOM, Sammartino charged and devoted herself to the medical mission in the Pacific region.

“She ensured the unit was trained and ready to support worldwide operations,” explained Providence. “She has continu-



Brig. Gen. Bertram Providence, the commanding general of the RHC-P, passes the unit colors to Col. Edward Bailey during the 18th MEDCOM (DS) change of command ceremony at historic Palm Circle on Fort Shafter, March 2.

ously proven to be an outstanding Army medicine ambassador.

“Col. Sammartino, I thank you for all you have done in your two-and-a-half years of command,” said Providence. “I

am honored and proud of you, and I am grateful to have served with you.”

Sammartino said was thankful she got to work with all the Soldiers and families of the 18th MEDCOM.

“Thank every one of you for all that you do every single day,” said Sammartino. “After 31 years of service, I a truly going to miss being here with all of you.”

Just over two years and seven months ago, Sammartino took the color of the unit at this very location.

“I knew what the responsibility was (when I took command), and now I am passing that and the colors (unit flag) to Col. Bailey,” said Sammartino.” I want to welcome Col. Bailey and (his wife) to the 18th MEDCOM ohana.”

Bailey said this day would mark a transition in leadership that would continue the standard of excellence.

“Each of you has contributed much to the success of this organization, and I am grateful for that,” said Providence. “I stand before you today humbled at the privilege I have been given to lead Soldiers in a great organization to provide mission command for medical units and to provide health service support to (all branches of the military).”

After the ceremony, Soldiers from the 18th MEDCOM held a retirement celebration for Sammartino to honor her for more than 31 years of service to the unit, the U.S. Army and the nation.

U.S. Pacific Command projects forces through AOR

BRIG. GEN. JAMES S. MOORE
593rd Expeditionary Sustainment Command

JOINT BASE LEWIS-MCCHORD, Washington — Recent developments in the Pacific, including a historic escalation of tensions on the Korean peninsula, ongoing issues between China and its neighbors in international waters, and a re-evaluation of the relationship between the United States and the Philippines, are reminders that the region remains a very volatile political environment.

In addition to its political challenges and regional threats, the Pacific Rim is extremely susceptible to natural disasters and is well deserving of its “Ring of Fire” moniker.

These conditions require the Army be able to deploy a sizable force on short notice to the U.S. Pacific Command (USPACOM) area of responsibility (AOR) to counter significant threats or respond to large-scale humanitarian crises.

PACOM is the largest unified combatant command. In addition, PACOM’s AOR is not a contiguous landmass with ground lines of communication; islands and



Photo by Luis Casale, U.S. Army Japan

peninsulas make up much of the land in the region.

Clearly, force projection into the PACOM AOR, whether in response to a critical military contingency or a natural disaster, cannot happen instant at the onset of a crisis. It must be planned, developed and set.

Left — A 25th Infantry Division Stryker is offloaded from the Ocean Jazz cargo ship at Yokohama North Dock, Japan, Sept. 8, 2017, in support of Orient Shield. Orient Shield, held in Japan, is one of the exercises linked by Pacific Pathways.

Projecting a force from the continental United States (CONUS) across the world’s largest ocean requires constant, full-time attention to properly reassure allies, deter aggression, set the theater for potential contingency operations and provide timely humanitarian assistance.

Only through multiple lines of effort, including CONUS-based activities, multilateral exercises, regional engagements outside of CONUS, and the ongoing, synchronized actions of multiple stakeholders, are we able to credibly project the military element of national power across the Pacific.

(Editor’s note: Moore is the commander of the 593rd ESC. Read more details about projecting power at https://www.army.mil/article/200645/projecting_the_force_in_the_pacific.)

REVIVING A LANDMARK



SCHOFIELD BARRACKS — Above, Col. Stephen E. Dawson, commander, U.S. Army Garrison-Hawaii, presents Jax Johannes, son of Maj. Andrew Johannes, Headquarters and Headquarters Company, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, with a certificate, March 2, for helping restore the Ralston Field Engineer Castle, here.

From October to December 2017, more than 30 members of 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC – with help from family members and USAG-HI’s Directorate of Public Works – pressure washed, primed and repainted the structure. Each received either a Certificate of Appreciation or a Certificate of Achievement for their efforts.

Photos by Kristen Wong, Oahu Publications

Donations to AER support Army community

Story and photo by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Staff Sgt. Brian McCord Sr. was stationed in Hawaii when he received a message that his mother would need open-heart surgery on the U.S. mainland.

“Needless to say my world stopped, and I was stressed and worried about my mom, as well as how to work the expenses for travel and lodging,” McCord said. “All of this was overwhelming. Before I could get a grasp on this news, a second message came through that her condition was worsening, and I needed to get there quickly.”

McCord, a Soldier with Warrior Transition Battalion, here, said he was wary of asking for assistance from Army Emergency Relief as he felt it would be a “negative strike” against him. However, he soon found his command was supportive and he received financial assistance to travel to the mainland and acquire a hotel room near his mother’s hospital.

His mother has since recovered, and McCord shared his story at the 2018 AER Fundraising Campaign Kickoff, at the Nehelani Banquet & Conference Center, March 2.

This year, the theme of the campaign, which runs through May 15, is “AER: There for those who serve.” Last year, the local campaign raised approximately \$204,000 for the nonprofit organization, which was born in 1942. This year, the local goal is \$210,000.

Gwen Galloway, the AER officer for U.S. Army Garrison-Hawaii, said there’s always a need for donations to AER. Last year, for example, overall, national AER raised



Staff Sgt. McCord Sr. of Warrior Transition Battalion urges support for the 2018 AER Fundraising Campaign, March 2, at the Nehelani Banquet & Conference Center. AER has set a goal to raise \$210,000 in Hawaii this year.

approximately \$9.3 million, but distributed approximately \$69.3 million in emergency financial assistance. Last year in Hawaii alone, more than 1,400 Soldiers, retirees and their families received \$2.4 million in loans and grants.

Thus far this year, the AER office on Schofield Barracks has already distributed more than \$350,000.

While addressing the crowd, Col. Stephen E. Dawson, commander, USAG-HI, said this year’s goal is rather small. He’s confident the community can raise more than expected.

“Let’s show our spirit of giving by donating generously to the 2018 AER campaign,” he said. “Let’s exceed this

year’s \$210,000 goal!”

Through AER, Soldiers, retirees and reservists on Title 10 orders for 30 consecutive days or more, and their families, are eligible to receive grants, scholarships or interest-free loans in times of critical financial need.

“Life happens, emergencies happen and there isn’t always money to cover it,” Galloway said. “To take the worries off a person’s mind, AER is available during those emergencies. The only way to do that is to keep paying off the interest-free loans and collecting donations.”

Retired Sgt. Maj. William Hagzan Jr., an emergency assistance administrator for AER headquarters in Arlington, Virginia, also spoke at the kickoff. He said the program is being under-utilized, with 49 percent of Soldiers ranked E-1 to E-4 approaching outside sources, such as payday lenders for financial assistance, instead of AER.

“The value of interest saved and impact on the long-term financial well-being for a Soldier should not be overlooked and cannot be matched by any other organization,” Hagzan said. “We will not eliminate use of non-banking institutions, and it is unrealistic to think that we will. But we can become the Soldier’s first choice – and we become that first choice through awareness and a command climate that says it’s OK to ask for help.”

To contact the Schofield Barracks AER Office call 655-4227. For more information on what expenses are covered by AER, visit www.hawaiiarmyweekly.com/2018/03/06/donations-to-aer-support-army-community/.

SEC teaches financial literacy to service members

STAFF SGT. JUSTIN SILVERS
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Perhaps money can’t buy happiness, but understanding how to manage money can make life easier.

That’s why the U.S. Securities and Exchange Commission and the Hawaii Department of Commerce and Consumer Affairs, Office of the Securities Commissioner, held a class, here, at the Aloha Center, March 2.

The guest speakers were Thomas D. Manganello, senior counsel for the SEC’s Office of Investor Education & Advocacy in Washington, D.C.; Peter Kane of the SEC office in Los Angeles; and Theresa Kong Kee of the DCCA in Honolulu.

The class was coordinated for service members by the SEC and U.S. Army-Pacific as part of Military Saves Week.

“Military Saves Week is a week during the year when the DOD, and other federal agencies that care about financial literacy, talk at the base and installation level to people that are active duty about various facets of financial readiness,” said Manganello.

“This covers everything from smart use of credit and debt, to being an informed investor, to knowing a little bit about common products, such as stocks, bonds, mutual funds and how to spot and avoid fraud.”

Manganello said there was one theme he hoped service members would remem-

ber and relay to their units.

“Our main message ... is to begin a lifetime of saving and investing; if they haven’t done that yet, and one of the best ways military folks can do that is through the Thrift Savings Plan,” said Manganello.

“(Thrift savings) is a low-cost way to automatically invest throughout your career, and let the power of compound interest work for you, and to achieve some diversification.”

Staff Sgt. Mitchel Grant, a chemical, biological, radiological and nuclear non-commissioned officer with the 311th Signal Command (Theater), said the debt portions of the class were the most beneficial for him.

“The thing I took away the most is,

when you start a savings plan, you need to kill off your debt first,” he said. “People don’t think like that because cards are so easy to use.”

Spc. Myo Mon, a canon crew member with the 2nd Battalion, 11th Field Artillery Regiment, 2nd Infantry Brigade Combat Team, 25th Infantry Division, found the information on fraud to be the most helpful.

“I have a buddy who invested in something that was a pyramid scheme, and he lost thousands of dollars in a few days, so this is something people should know,” he said.

For more information on financial literacy and for free tools and resources, visit the SEC website at investor.gov.

RHC-P readiness training emphasizes role of human resources

Story and photo by
ANA ALLEN

Regional Health Command-Pacific Public Affairs

HONOLULU — Regional Health Command-Pacific (RHC-P) is enhancing medical readiness through an unlikely avenue – its Human Resources Department.

RHC-P recently held a training and leadership summit in Honolulu where 45 G-1 professionals and select staff from across the Pacific region came together to enhance leadership capabilities, increase knowledge base in the field and refine hiring and personnel management processes.

“Army hospitals and support units are as good as the doctors and team members that work in them,” said Col. Samantha Hinchman, RHC-P G-1 director. “Our team of G-1 professionals are responsible for bringing in the best of the best so that military members, their families and retirees get the best health care possible.

“When we enhance health, we enhance medical readiness, as well as family wellness. There’s a direct correlation there, and we have an important role to play in the hiring, retaining and leading of health care providers and support staff,” she added.

Summit leaders also emphasized the G-1’s vision and how RHC-P is nested within the Army’s Medical Command, which is the higher headquarters for RHC-P. Attendees also received information on the way ahead for military and civilian human resources and how to better coordinate the execution of tasks.

“We were able to share ideas and processes that enabled us to streamline some functions while pointing out possible issues and how to avoid them,” said Daniel Blashill, the chief of Military Human Resources at Medical Activity-Alaska. “The goal is for the RHC-P G-1 folks to attain top proficiency so that we ensure Soldier and



RHC-P Human Resources personnel attend a training and leadership summit, Feb. 5-9, in Honolulu.

civilian readiness.”

As part of the agenda, participants also completed training from the Arbinger Institute, which, according to the foundation’s website, equips employees with practical strategies and tools to implement an outward mindset approach to their work.

“It was extremely important for us to include this mentoring and coaching aspect to the summit, since enabling excellence starts with leaders who not only embrace an

outward mindset, but practice it on a daily basis,” said Kimberly Reinbrecht, chief of civilian human resources for RHC-P. “This training further cultivates a leadership approach that moves beyond conflict resolution to conflict transformation.

“This commitment to leadership will no doubt positively impact all aspects of human resources, which, at the end of the day, makes our organization better as we contribute to the medical readiness mission.”

Reserve and Guard vie for Best Warrior title

Story and photos by
STAFF SGT. EDWIN BASA
305th Mobile Public Affairs Detachment

SCHOFIELD BARRACKS — Fourteen elite Soldiers from the 9th Mission Support Command, U.S. Army Reserve (USAR) and Hawaii Army National Guard (HI-ARNG) competed to be named best of the best at the 2018 Best Warrior Competition, here, March 2-4.

Guard and Reserve Soldiers must balance competing family and civilian employment requirements with their military commitment, so there is additional time and effort for those competing in this BWC.

“We are asking the Soldiers to be physically, mentally, emotionally fit to be in this competition, and sometimes they don’t have that lead time to prepare themselves. ... It becomes a challenge. It takes a lot of commitment,” said Command Sgt. Maj. Elva Schaben of the HIARNG.

Schaben and her team helped plan the BWC. This BWC is jointly operated between the Army Reserve and the HIARNG; however, the 9th MSC has taken the lead in planning this years’ event.

The Army Reserve winners were Noncommissioned Officer of the Year Staff Sgt. Gary Olsen-Seville, a health care specialist from 1984th U.S. Army Hospital and Soldier of the Year Pfc. Keahi Aoyagi, an infantryman from the 100th Battalion, 442nd Infantry Regiment.

The competitors were tested both physically and mentally. Events and tasks included individual weapons qualifications under stress, land navigation, a physical fitness test, a foot march, warrior tasks and battle drills, tactical combat casualty care, select mystery events and an appearance board.

“Unless you put yourself in uncomfortable situations, you’re never going to know your full potential,” said Olsen-Seville. “You have to put yourself out there, be uncomfortable and just learn from everything you do.”

He added, “It feels awesome to be the best warrior. It’s a privilege to represent this command at the next level.”

For Aoyagi, BWC was about overcoming his limitations.

“I think it’s improving your deficiencies or your failures that is the most important,” he said. “I made mistakes and learned from it. You get wisdom from all these other NCOs competing, so you get a better insight.”

The Army Reserve winners will advance to compete in the USAR Command BWC at Fort Bragg, North Carolina, in June. The winners there will go on to compete in the Department of the Army BWC. Additionally, the winners of the National Guard NCO and Soldier competition will compete in their regional competition. Winners of the regional National Guard competition will participate in the national competition in Pennsylvania this summer.



USAR Best Warrior Competition winner Pfc. Keahi Aoyagi dismantles a M240B weapon system. Aoyagi, a member of 100th Inf. Bn., 442nd Inf. Regt., had 3 minutes to disassemble the weapon and another 3 minutes to reassemble it.



Sgt. David Westmen from 100th Inf. Bn., 442nd Inf. Regt., pulls security on a landing zone at East Range training area. This task was part of a scenario to emphasize a simulated wartime environment between training lanes at the 2018 USAR Best Warrior Competition.



Spc. Katherine Kampa, USARPAC Support Unit, Detachment Korea, performs a head-tilt chin lift on a casualty, as part of a Carry Under Fire and Evaluate a Casualty lane. The training was physically intensive, including a modified patient carry of a realistically heavy dummy and a Skedco pull of 100 meters.



The winners of the 2018 USAR Best Warrior Competition pose at the victory ceremony with the top leaders of the unit. From left are competitor Pfc. Keahi Aoyagi, 100th Bn., 442nd Inf. Regt., 9th MSC; Brig. Gen. Douglas Anderson, commanding general, 9th MSC; Command Sgt. Maj. Christopher Lindung, 9th MSC; and competitor Staff Sgt. Gary Olsen-Saville, 1984th U.S. Army Hospital Pacific.

Program aims to connect veterans to civilian jobs

VALUE OF A VETERAN
News Release

HONOLULU — The Value of a Veteran is kicking off 2018 with a program designed to fill thousands of skilled trades jobs in the government and private sectors.

The Military Skilled Trades (MST) program was created in response to the challenges expressed by government agencies and corporate employers alike in regards to hiring for skilled trades positions via regular career fairs.

“We are incredibly proud of the service offering we’ve developed for employers and military job candidates alike,” said Lisa Rosser, CEO and founder of The Value of a Veteran. “Our approach is unique because skilled trades are unique.

“We’ve found that traditional job and career fairs just don’t tackle this particular hiring area effectively, so we came up with our own solution. MST events cater solely to these opportunities.”

The first MST program dates, military bases served, and locations are as follows:

- March 28, 10 a.m. to 2 p.m. (Schofield Barracks): Dole Plantation at 64-1550 Kamehameha Hwy.
- March 29, 10 a.m. to 2 p.m. (Marine

Corps Base Hawaii): Oahu Veterans Center at 1298 Kukila St.


- March 30, 10 a.m. to 2 p.m. (Joint Base Pearl Harbor-Hickam): Oahu Veterans Center at 1298 Kukila St.

Military Skilled Trades offers more than 20 physical career fairs a year and a resume database of service members and veterans with backgrounds in warehousing, welding, fabrication, coating/painting, electrical, maintenance, HVAC, plumbing, pipe fitting, construction, rigging, telecommunications, truck driving and industrial machinery.

Employers and job candidates can find more information and registration links by visiting www.militaryskilledtrades.com.

About The Value of a Veteran

The Value Of a Veteran (VOAV) is a human resources training and consulting firm founded in 2007 that specializes in assisting large companies with improvement of veteran recruiting and retention programs. In 2017 VOAV expanded its services to include niche career fairs for Military Skilled Trades and Student veterans. For more information, visit TheValueOfaVeteran.com.



WATER PURIFICATION



Photo by Sgt. Ian Ives, 25th Sustainment Brigade Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from the 209th Aviation Support Battalion, 25th Combat Avn. Brigade, 25th Infantry Division, assemble a water pump, Feb. 27, near Dillingham Airfield, prior to beginning the water purification process. The Support Operations cell, 25th Sustainment Bde., 25th ID, oversaw the 209th ASB training on the Tactical Water Purification System, which will help build water purification proficiency in the Pacific theater.



Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

9 / Friday
Casualty Assistance Center — The center has relocated to the Soldier and Family Assistance Center, 371 Brannon Road, Bldg. 663, on Schofield. Call 655-1199.

12 / Monday
Sgt. Smith Theater — Effective March 12-Oct.

31, the Sgt. E.R. Smith Theater will be closed for renovation. Contractor Anderson Burton, in conjunction with the U.S. Army Corps of Engineers, will assume control of the building.

The entirety of the building interior will be an active construction zone. Anticipate temporary closures of the pedestrian pathway in front of the theater, too.

16 / Friday
Spring Concert — Enjoy the Army Music Hawaii performance at Ala Moana Shopping Center centerstage, Friday, March 16, from 7 to 8 p.m.

This 25th Infantry Division Band concert is free and open to the public.

Ongoing

Veterans Card — Reminder, effective June 1, 2018, the Department of the Army will no longer recognize Veteran Health Information Cards (VHIC) for access to Tripler Army Medical Center. Military, retiree and dependent IDs, plus CAC and PIV cards are OK.

Veterans and their caregivers must present a valid driver’s license or state ID and proof of Social Security. They must have photographs taken

at either of these places:

- Spark M. Matsunaga Ambulatory Care Center between 8 a.m.-3 p.m., Monday-Friday (Modular 5, second floor).
- Visitor Control Center (VCC), Bldg. 6508, Leilehua Golf Course, Wahiawa, between the hours of 7:30 a.m.-3 p.m., Monday-Friday. The VCC is closed daily from 11 a.m.-noon. Call (808) 655-1620.
- Vet Mobile at Oahu Veterans Center, every 3rd Thursday of the month.

A background check will be performed and approved (which may take up to 30 days). Call (800) 214-1306 for assistance.



Traffic & Outages



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

10 / Saturday
Modified Traffic — A lane closure will occur on McCornack Road near Bldg. 660 for crane activity to erect precast concrete. The eastbound lane of McCornack Road will be closed with contraflow traffic on Saturday, March 10, from 7:30-11:30 a.m. Flaggers will be in place to

facilitate contraflow traffic.

12 / Monday
Power Outage — Wheeler Army Airfield and Wiliwili Housing Area will experience a scheduled power outage on Monday, March 12, from 7:30 a.m. to 2:30 p.m. The locations and times of the outage are a best guess. The outage is required to support a 25th Combat Aviation Brigade project.

Ongoing

Extended Work — Roadwork on right shoulder lane on Wright Avenue extended to March 31.

IRS tips help all taxpayers avoid scams

INTERNAL REVENUE SERVICE
Media Relations

WASHINGTON — The Internal Revenue Service reminds taxpayers to be careful with continuing aggressive phone scams as criminals pose as IRS agents in hopes of stealing money. These continuing phone calls remain a major threat to taxpayers and remain on the annual IRS “Dirty Dozen” list of tax scams for the 2018 filing season.

During filing season, the IRS generally sees a surge in scam phone calls threatening such things as arrest, deportation and license revocation if the victim doesn’t pay a bogus tax bill. In a new twist being seen in recent weeks, identity thieves file fraudulent tax returns with re-funds going into the real taxpayers’ bank accounts – followed by a phone call trying to con the taxpayer to send the money to the scammer.

The Dirty Dozen is compiled annually by the IRS and lists a variety of common scams taxpayers may encounter any time during the year.

To help protect taxpayers, the IRS is highlighting these scams to help raise awareness. The IRS also urges taxpayers to help protect themselves against identity theft by reviewing safety tips prepared by the Security Summit, a collaborative effort between the IRS, states and the private-sector tax community.

How do the scams work?

Con artists make unsolicited calls claiming to be IRS officials. They demand that the victim pay a bogus tax bill. They convince the victim to send cash, usually through a wire transfer or a prepaid debit card or gift card. They may also leave “urgent” callback requests through phone “robo-calls,” or send a phishing email.

Many phone scams use threats to intimidate and bully a victim into paying. They may even threaten to arrest, deport or revoke the driver’s license of their victim if they don’t get the money.

Scammers often alter caller ID numbers to make it look like the IRS or another agency is calling. The callers use IRS employee titles and fake badge numbers to appear legitimate. They may use the victim’s name, address and other personal information to make the call sound official.

The IRS also reminds taxpayers that scammers change tactics. Aggressive and threatening phone calls by criminals impersonating IRS agents remain a major threat to taxpayers, but variations of the IRS impersonation scam continue year-round, and they tend to peak when scammers find prime opportunities to strike.

The Treasury Inspector General for Tax Administration (TIGTA) reports it has become aware of over 12,716 victims who have collectively paid over \$63 million as a result of phone scams since October 2013.

Here are some things the scammers often do, but the IRS will not do. Taxpayers should remember that any one of these is a tell-tale sign of a scam.

The IRS will never do any of these:

- Call to demand immediate payment using a specific payment method, such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail a bill to any taxpayer who owes taxes.
- Threaten to immediately bring in local police or other law enforcement groups to have the taxpayer arrested for not paying.
- Demand that taxes be paid without giving taxpayers the opportunity to question or appeal the amount owed.
- Ask for credit or debit card numbers over the phone.
- Call you about an unexpected refund.

If you don’t owe taxes or don’t think you do:

- Do not give out any information. Hang up immediately.
- Contact TIGTA to report the call. Use its IRS Impersonation Scam Reporting webpage. Alternatively, call 800-366-4484.
- Report it to the Federal Trade Commission. Use the “FTC Complaint Assistant” on FTC.gov. Please add “IRS Telephone Scam” in the notes.

If you do owe taxes or think you do:

- Call the IRS at 800-829-1040. IRS workers can help.

Stay alert

Stay alert to scams that use the IRS as a lure. Tax scams can happen any time of year, not just at tax time. For more information, visit Tax Scams and Consumer Alerts on IRS.gov.

Taxpayers have a set of fundamental rights they should be aware of when dealing with the IRS. These are the Taxpayer Bill of Rights. Explore these rights and the agency’s obligations to protect them on IRS.gov.



March 9, 2018

1st Sgt. Kevin Cook and Capt. Suzanna Endsley, both of the 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, pose for selfies at the Kolekole lookout, March 3, during the Kolekole 10K.

Race to the TOP

View is real prize at Kolekole 10K

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — In James Jones' classic World War II novel *From Here to Eternity*, protagonist Pvt. Robert E. Lee Prewitt is ordered to run up the Kolekole Pass, here, as punishment for talking back to an officer.

On Saturday, March 3, a crowd of over 300 showed up voluntarily to make what was, in essence, the same run.

The lure of access to an area that is usually restricted proved irresistible for those who signed up for the Kolekole 10K Run. They began gathering at Leaders Field before daybreak, prepared to make the dash to the Kolekole lookout and back.

U.S. Army Garrison-Hawaii opened its gates to the public for the event, welcoming participants of all ages and walks of life, from competitive runners to parents with strollers and baby carriers. The only yelling along the way came not from irate officers, but from fellow runners cheering each other to the top.

"This is something we wanted to make sure we shared with the community," USAG-HI commander, Col. Stephen E. Dawson, said.

A handful left with medals and prizes for their speed, but all had an opportunity to take in the view from the Kolekole lookout, an area that is usually closed to the public. The Army and the Navy share control of access to the Kolekole Pass, which connects Schofield Barracks to Navy property. The Navy oversees the portion of the pass that includes the lookout.

Dawson, who participated in the Kolekole 10K with his family, thanked Navy officials for working with the Army to make the run possible.

For avid runners like Sergio Florian of Honolulu, who placed third in the males open category of the race, the route was a breeze. His family came along for a chance to see the view of the Waianae Valley stretching out to the ocean – or at least that may have been the original intent.

"The part I enjoyed the most was finishing," said his wife, Dayane Florian, who had pushed their 5-year-old son, Kai, in a stroller and carried their 2-year-old daughter, Keila, in a baby carrier, during the run. "But the view was really nice out there, too."

Latosha Collins, an Army spouse, also completed the race with her two children, Gabriel, 4, and Micah, 1.

"It was tough, but it was worth it. I'm so glad I made it to the top," she said.

"And now my feet hurt," Gabriel said.

"You think your feet hurt," Latosha replied, with a laugh.

"Next time I do something like this, I think I'm going to get a doggie stroller."

She had pushed both Gabriel and Micah in a single baby stroller by herself for much of the route, although Gabriel



Top finishers at the Kolekole 10K are Andrew Burness, first place; Wesley Schiller, second place; and Sergio Florian, third place. For a complete listing of finishing times, visit timelinehawaii.com.

did walk for some portions. Her husband couldn't join them because he was at the Joint Readiness Training Center at Fort Polk, Louisiana. Their family has been stationed in Hawaii for three years, but this was the first time she got to see the Kolekole lookout, and she said she was glad to have had the chance before they made a permanent change of station move.

Donald Hopper, Jenifer Kanechika and Evan Nishimura of Pearl City also came out for the chance to see the Waianae valley from the lookout. Kanechika is a civilian employee for the Navy. She found out about the race through a Navy email, and urged Hopper and Nishimura to come along.

"Having lived on Oahu my whole life, I had heard about (the Kolekole Pass), but I had never had a chance to see it," Nishimura said. "When (Jenifer and Donald) told me about this, I decided to come out and see for myself."

On top of taking in the view, Nishimura placed second in the race category for males aged 35 to 39.

Upcoming Races

For more information and to register for the following upcoming Army races, visit HiMWR.com/races.

• May 5

Color Blast 5K Run (DOD ID cardholders only)

Helemano Military Reservation
Run through 4 miles of color powder during this family friendly event.

• June 6

National Run Day Virtual Run

Location and distance up to you.

• July 14

Army Ten-Miler

Schofield Barracks

This race is a qualifier for active duty Army.

• August 2018

Hawaii's Hardest Half

Schofield Barracks

This out and back half marathon goes up and through the Kolekole Pass.

• September 2018

The Wurst 5K Run

Schofield Barracks

This Oktoberfest-inspired run will include German food stations.

• October 2018

Zombie Run 5K

Schofield Barracks

This evening run is full of zombie survivors and zombie slayers.

• December 2018

Pearl Harbor Commemoration Run/Walk

Wheeler Army Airfield

Learn about WAAF's historical connection to the 1941 attack on Pearl Harbor during this 4K.

Kolekole Walking Path

While the Kolekole lookout is generally closed to the public, the Kolekole walking-hiking path is open weekends when live-fire training is not being conducted. To find out when the path is open, connect with the garrison at facebook.com/usaghawaii.

The view from the Kolekole lookout is what drew many participants to the Kolekole 10K on March 3.





Briefs
9 / Friday

Lei Making — Learn to make a beautiful lei every Friday for \$15 at the SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

10 / Saturday

Party Pong Challenge — Every Saturday at SB Tropics at 8 p.m. Call 655-5698.

11 / Sunday

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 11 a.m.-3 p.m., on Sundays, and 5-8 p.m., on Tuesdays.
Costs \$100 for a 10-week session at the SB Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons, call 655-4202.

12 / Monday

Sundae Monday at Hale Ikena — Every Monday at FS from 11 a.m.-2 p.m. build your own ice cream sundae as part of our lunch buffet for \$14.95. Call 438-1974.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave., from 5-8 p.m. Call 655-4466.

13 / Tuesday

Resiliency through Art (for Wounded Warriors) — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202.

Preschool Story Time at FS Library — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

Sand Volleyball and Dodgeball — Every Tuesday at SB Tropics from 11 a.m.-2 p.m. Call 655-5698.

Quilting and Sewing — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m. or 11 a.m.-3 p.m. for \$25

community
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

9 / Friday

Super American Circus — Three days of fun and thrills come to the Neal Blaisdell Arena featuring International Circus Superstar Bello Nock, with a total of eight performances, beginning at 5 p.m., Friday through Sunday. Tickets available at the box office or at Ticketmaster.

Blue Note Hawaii — Acoustic-classical legendary guitarist Earl Klugh performs nightly this weekend, March 9-11, as part of the Hawaii News Now Jazz Legends series at the Outrigger Waikiki Hotel.

R. Kelly Tickets — Tickets now on sale \$89-\$300 for the April 27 concert at Neal Blaisdell Center. Visit Ticketmaster.com.

10 / Saturday

Kolekole Trail — The SB trail is open to hikers on Saturday, March 10. However, the trail is closed for hikers on Sunday, March 11, due to live fire training.

Thanks & gratitude go together

CHAPLAIN (LT. COL.) DAVID CURLIN
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — What emotion is at the heart of your deepest happiness? Is it “She said, ‘yes!’” or “Congratulations, it’s a beautiful healthy baby girl.”

Perhaps any of these: “You are on the promotion list.” “You made the team.” “You passed your exam.” “You won the scholarship.” “You are cancer free.” Or maybe, “He’s going to be okay.”

What emotion do these declarations elicit? Is it not gratitude?

The reality is that you cannot feel gratitude and be unhappy or angry. Grateful people are happy people. Grateful people are kind people. Everything that increases gratitude adds to human happiness. The more gratitude you feel, the more kind, honest and generous you will become.

Unfortunately, the opposite is true, as well. You can’t be a happy or good person if you are not grateful. Ingratitude simply destroys the human capacity for happiness and kindness to others. For this reason, anyone who wants to be happy or kind will guard anything that erodes gratitude.

Enemies of happiness

So, if you want to be happy, reject victimhood and entitlement. Both attitudes repel feelings of gratitude.

Victimhood breeds anger. Anger creates the desire to punish and inflict harm. Victims feel that because they have been hurt; they have the right to hurt others.

Victimhood may be the single greatest reason people try to hurt others. From gossip to mass murder, victimhood diminishes the human capacity for gratitude and kindness is fertile soil for anger and resentment.

A sense of entitlement is another formidable enemy of your happiness. The more entitled you feel, the less grateful you will be for what you



Curlin

do get – and the angrier and unhappier you will be about what you don’t get. Of course, the opposite is equally true. The less entitled you feel, the more gratitude you will experience in what comes to you – and the less disappointed you will be about what is withheld.

The more that you feel life owes you the less happy you will be!

Given this undeniable fact, it is surprising that there are those who actually encourage



“In everything give thanks for this is the will of God in Christ Jesus for you.”

— 1 Thessalonians 5:18

victimhood and entitlement.

“You deserved to make that team or get that promotion. You have a right to be angry. You were slighted because you are too short or too tall or the wrong gender or the wrong ethnicity or the wrong MOS.”

Don’t buy these sentiments, unless of course, you want to remain unhappy and angry.

Cultivate thoughts and attitudes of gratefulness, and dismiss all thoughts of victimhood and entitlement. Though you will probably be victimized on occasion or end up with the short end of the straw, never let these realities lead you to attitudes of victimhood or entitlement.

Why? Because you can’t be happy or kind or generous or good if you feel like a victim, and entitlement will diminish your ability to feel the gratitude so essential to your happiness.

Maybe this is the reason that our loving and wise God so often commands us to give thanks and to be thankful and so condemns ungratefulness. He knows how we are made, and he desires our joy to be great in him.

So, if you want to really be happy, give thanks always with a grateful heart for this is the will of God concerning you.

(first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

Taco Tuesday at Hale Ikena — Every Tuesday at FS from 11 a.m.-2 p.m. enjoy a fresh salsa bar, fajitas and tacos for \$14.95. Call 438-1974.

14 / Wednesday

Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

Xbox Challenge NBA 2K17 — Every Wednesday at 11 a.m.-2 p.m. Call 655-5698.

Movie Event — Weekly movie event held on Wednesdays at SB Sgt. Yano Library from 3-5 p.m. All movies are PG. Call 655-8002.

Burger Bar Wednesday — Enjoy at FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

Keiki Night — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

15 / Thursday

Mom & Tots — Every Thurs-

day, moms (or a parent/guardian) can enjoy mixed media crafting at \$5 from 10-11 a.m., at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Clay Hand Building — Attend at the SB Arts & Crafts Center, Thursdays, from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Thirsty Thursdays at WAAF Hangar — Every Thursday enjoy \$0.75 wings and draft specials from 4:30-8 p.m. Call 656-1745.

Texas Hold’em Poker — Play Texas Hold’em every Thursday at SB Tropics at 5:30 p.m. Seating is limited. Cost is \$25.

Visit www.asymcahi.org.

17 / Saturday

25th ID Band Concert — 25th ID Band performs, center stage, at the Ala Moana Center, 7-8 p.m., with a free performance.

23 / Friday

Luke Bryan in Concert — Two-time country music Entertainer of the Year/superstar performs, 7:30 p.m., at the Neal Blaisdell Arena with Friday and Saturday night performances, along with the Brothers Osborne. Tickets begin at \$49.50. Visit www.emporiumpresents.com.

Ongoing

Big Brothers, Big Sisters — Would you like to mentor? Big Brothers Big Sisters Hawaii needs adult volunteers to assist with disadvantaged youth, ages 6-16, in its Military Youth Mentoring Program. Your mentoring is needed an average of two to four times a month for a 12-month period. Contact Lauren Jagla, enrollment and matching specialist, at 695-4569.

Lost Bicycle — Have you lost a bicycle? Go to the Provost Marshal Office, Bldg. 3010, Lyman Road, SB. Provide a good description of the bike – like

make, model, color, any identifying marks – or give a receipt showing the serial number of the bike.

Plenty of bikes have been found. Call Lenwood Redd, the evidence/found property custodian, at 655-9497.

Army ROTC Scholarship — Army ROTC Study.com offers a \$500 scholarship for the coming year. Apply by April 1, at http://study.com/pages/Army_ROTCScholarship.html.

Jewish Services — Weekly worship services are 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH.

Saturday services are available at the Ala Moana Hotel. Call 735-8161.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

Mystery Shopper — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a “mystery customer,” call 656-0880/0881.



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military

Reservation Chapel

FD: Fort DeRussy

Chapel

HMR: Helemano Chapel

MPC: Main Post Chapel,

Schofield Barracks

PH: Aloha Jewish Chapel,

Pearl Harbor

SC: Soldiers Chapel,

Schofield Barracks

TAMC: Tripler Army Medical

Center

Chapel

WAAF: Wheeler Army

Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at

FD

•Last Wednesday, 6 p.m.

at MPC

Catholic Mass

•Monday-Wednesday,

11:45 a.m. at

Soldiers Chapel

•Thursday, 11:45 a.m. at

AMR

•Wednesday, 5 p.m. at

MPC

•Saturday, 5 p.m. at

TAMC

•Sunday services:

-8:30 a.m. at AMR

-10:30 a.m. at MPC

-11 a.m. at TAMC

Gospel Worship

•Sunday, noon at MPC

•Sunday, 12:30 p.m. at

AMR

Islamic

•Friday, 12:30 p.m. at

AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

(Call 473-3971)

Protestant Worship

•Sunday Services

-9 a.m. at MPC

(Contemporary)

-9 a.m. at FD

-9 a.m. at TAMC

-10 a.m. at HMR

(Contemporary)

-10:30 a.m. at AMR

(Contemporary)

-11 a.m. at WAAF

(Contemporary)



The 15:17 to Paris
(PG-13)

Friday, March 9, 7 p.m.



Peter Rabbit
(PG)

Saturday, March 10, 4 p.m.

Fifty Shades Freed
(PG-13)

Saturday, March 10, 7 p.m.

Peter Rabbit
(PG)

Sunday, March 11, 4 p.m.

Beginning March 12 - Oct. 31
closed for renovation.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafer
HMR: Helemano Military Reservation
IPC: Island Palm Communities
ODR: Outdoor Recreation
PFC: Physical Fitness Center
SAC: School Age Center

SB: Schofield Barracks
SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

8th TSC helps generate jump rope ‘heart’

2ND LT. MEILYN RIVERA
8th Special Troops Battalion
8th Theater Sustainment Command

AIEA — Soldiers from the 8th Special Troops Battalion, 8th Theater Sustainment Command volunteered at Gustav H. Webling Elementary School to support the annual Jump Rope 4 Heart event, here, Feb. 21.

Webling Elementary hosts Jump Rope 4 Heart to promote the importance of exercise and health.

The event consisted of six stations that include games, relays and team-building exercises.

Volunteers from the community and Soldiers worked together to show the students how much fun being active can become.

The event began with a warm-up dance and each section demonstrating their event. Children rotated through the different stations, which included jump rope, a relay race, a water cup race, clean the yard, over under and transferring a golf ball on a spoon.

Starting with kindergarten and rotating through 6th grade, every grade level had the opportunity to soak up the sun while exercising with volunteers.



Courtesy photo

Students and Soldiers from the 8th Special Troops Bn., 8th TSC pose for a photo during the Jump Rope 4 Heart event at Gustav H. Webling Elementary School, Feb. 21, in Aiea.

School Partnership

The relationship between the 8th STB and Webling is part of U.S. Army-Hawaii’s Partnership of Ohana Community Relations Program, which gives units the ability to build close relationships through mentorship, tutoring and other

volunteer opportunities in the communities that support them.

When asked about the importance of volunteering, Staff Sgt. Deandra Adams, a special general staff noncommissioned officer with the 8th STB said, “A lot of people see Soldiers, but they don’t

know what we do or understand how the military operates, so (volunteering) just builds the comradery between the community and the service.”

Staff Sgt. Jamal Rogers, the material management NCO with the 8th STB, also had a similar reason on why he believes volunteering is good for everyone involved.

“Volunteering was fun. I like to see kids smiling and (enjoying) their time outside of the classroom,” he said. “I think it’s important for Soldiers to participate because I believe it gives the kids a better understanding that we care.”

Soldiers also had the opportunity to help serve lunch and sit with the students to talk about how they were enjoying the day.

Christine Haramura, Webling Elementary’s volunteer coordinator, was enthusiastic with the outcome of the event.

“I think it’s important for the Soldiers to volunteer because the kids can see the association with the outside community and know that they have that support,” she said. “It also shows that it’s good to volunteer, and hopefully, when they grow up, they will be volunteers as well and have just as much fun.”

Gift of reading receives White House inspiration

MICHELLE COLTE
Librarian & Makerspace Coordinator
Daniel K. Inouye Elementary School

SCHOFIELD BARRACKS — Read Across America is an annual celebration sponsored by the National Education Association.

Once again, Soldiers from the 25th Headquarters and Headquarters Battalion, 25th Infantry Division, read to students in preschool through grade 5 at Daniel K. Inouye Elementary School, here, recently.

“Students love it when the Soldiers come to read to them” said Ellen Petry, facilitator with the Parent Community Networking Center. “This is an event Mrs. Colte and I look forward to coordinating every year.”

To prepare for this year’s event, 4th grade students helped select books Soldiers could read to the classrooms. The librarian invited students to remember stories they had loved when they were in kindergarten, first or second grade.

Favorites like Mo Willems’ Elephant and Piggie



Photo by Penny Ernest, Library Assistant

series; *Reptiles*; *Joke-lopedia: The Biggest, Best, Silliest & Dumbest Joke Book Ever*; and *Saturday Night at the Dinosaur Stomp* all made the cut.

Students also voted on biographies of famous

Left — A Soldier reads a book to Daniel K. Inouye Elementary School students in celebration of Read Across America, sponsored by the National Education Association.

Americans who inspire us to explore our talents and persevere through challenging times. The highest vote getters for their pictures, story and messages featured Rosa Parks, Dizzie Gillespie, Elvis Presley and Lonnie Johnson, the inventor and engineer who patented the Super Soaker water gun.

Soldiers also selected books from those gifted to the school by First Lady Melania Trump.

One school in each state received a set of 10 Dr. Seuss books. Schools chosen were identified by achieving high standards of excellence and being recipients of State or National awards.

DKI Elementary is honored to be the recipient of these books and so thankful for the Soldiers who read to our students.

A military spouse’s mind boggles over Daylight Savings Time

You’d think after being married to a Navy guy for so many years, I’d know military time jargon by now. But when my husband, Francis, tells me he’s got a dentist appointment at “1630,” I start counting on my fingers and mumbling, “Subtract two.”

Although I did manage to memorize Francis’ Social Security number (it’s seared into my psyche like a tattoo), I’ve never been one of those military spouses who internalized acronyms and military idioms. To this day, I still get confused.

This Sunday, Daylight Savings Time (DST) begins, which further complicates time telling for military folks. DST sounds simple – set the clocks forward one hour in March and back one hour in November to take advantage of early daylight.

We pronounce “spring forward and fall back” as if we’re reading from a rudimentary Dick and Jane book, but in reality, calculating time in different parts of the world is a mind-boggling task when you take into account time zones, local time, universal time, solar time, longitude and the tilt of the Earth’s axis.

Huh?

To start, only 48 of the 50 states recognize DST. Hawaii, Arizona and the U.S.’s tropical territories don’t change clocks. However, Navajo Americans on native reservations in Arizona use DST. Go figure.

Most industrialized nations recognize DST, but the majority of the world’s population does not, since China, India and most countries in Africa never change clocks. Conversely, Argentina, Chile, Iceland, Singapore,



Uzbekistan, Belarus, Turkey and Northern Cyprus use DST year-round.

Add to that quagmire, the 25 time zones across the world, each one based on Greenwich Mean Time (GMT). Greenwich, England, a suburb of London, happens to be zero degrees longitude and has a royal observatory that tracks the position of the sun.

Noon GMT is when the sun is directly over the Greenwich meridian, but since the Earth’s rotational variables cause discrepancies, GMT noon is the annual average of those times.

Struggling to wrap your brain around GMT? Don’t bother, because Coordinated Universal Time (which, for reasons too complicated to explain here, is abbreviated as “UTC,” rather than “CUT”) has replaced GMT as the primary standard for world time. UTC is more precise than GMT (although it is criticized for including “leap seconds” – don’t ask) and has been recognized since 1960 as the true basis from which all time is calculated.

GMT and UTC start with Z or Zulu time zone, with 12 zones to the east, and 12 to the west, ending at the International Date Line in the Pacific Ocean. For every

time zone east of Zulu, an hour is added. For every time zone west of Zulu, an hour is subtracted.

But brace yourself, because in the zones on either side of the International Date Line, time is exactly the same, only one day apart. Which means that if there were two different boats floating on either side of the International Date Line within sight of each other, it can be noon on Monday in one boat, and noon on Tuesday in the other.

Boom! If your brain hasn’t exploded by now, consider that the U.S. military uses a 24-hour scale for local time zones, using DST where recognized (example, 3:30 p.m. = 1530), but uses a 24-hour scale for Zulu time for operational communications across time zones.

For example, the time to begin an airstrike might be communicated as 1850Z, which is 6:50 p.m. UTC. Which, by the way, is 1:50 p.m. Eastern Standard Time, unless it is Daylight Savings Time, which will make it 12:50 p.m. Eastern Standard Time.

Make sense? I didn’t think so.

So, this Sunday, if you are stationed in Germany, which recognizes DST, and your spouse is on a ship somewhere off the coast of Japan, which doesn’t recognize DST, and you agree to call each other at exactly 6 p.m. Eastern Standard Time, then what time should you make the call?

I have no flipping clue. I would recommend calling every five minutes until someone picks up. Or just send an email.

There is only one thing I know for certain: At 0-dark-thirty on Sunday, I’ll be losing an hour of sleep.

‘Save Your Vision’ event targets awareness

DEPARTMENT OF OPTOMETRY
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — The Optometry Department, here, will be hosting an Open House to bring awareness to many eye conditions and interventions that can be put in place to protect one’s valuable eyesight.

The Second Annual “Save Your Vision” Open House on March 22 begins at 1 p.m. and concludes at 3:30 p.m. Experts will be on hand to discuss glaucoma, diabetic retinopathy, computer vision syndrome and many more topics.

Along with the Open House, there will be snacks and free pediatric vision screenings for elementary-aged children in grades 1-6.

“The vision of our future leaders may be corrected today so that our children do not become the blind leading the blind. Service members and families are welcome to attend,” said Maj. Ina Lee, chief of Optometry.



Photo by Ramee Opperrude, U.S. Army Health Clinic-Schofield Barracks Public Affairs

Beginnings in 2009
Former President Barack Obama established the annual event in 2009 called “Save Your Vision” to bring awareness to the topic of preventable vision

loss. Moreover, the American Association of Optometry designated the month of March as “Save Your Vision Month” to bring attention to preventative measures and to recognize the importance of regu-

Left — Capt. Megan Smith, assistant chief of Optometry, checks a glasses prescription for a patient at the Optometry Clinic.

lar comprehensive eye exams for ocular health.

It is imperative to note that the eyes are part of the body as a whole, and many times, systemic conditions can show manifestations in the eye that may not cause any symptoms.

The National Federation of the Blind estimates 75,000 Americans become blind or visually impaired each year, with as many as 10 million already afflicted. Vision is so critical for our everyday lives, but it is often taken for granted, such that many do not know what they have until it is gone.

There is a wide range of ocular conditions that lead to vision loss. Much of this vision loss can be prevented if the condition is caught at an earlier stage and treated accordingly.

TAMC delivers cutting edge cardiac treatment

LEANNE THOMAS
Tripler Army Medical Center
Public Affairs Office

HONOLULU — Developments in medical technology and recent equipment advancements have changed the way health care is delivered to patients at Tripler Army Medical Center’s cardiac catheterization lab.

The cath lab is one of the most specialized areas of the hospital. There, doctors can diagnose and treat heart conditions using catheters instead of surgery.

The cath lab offers a full spectrum of invasive cardiology procedures, from diagnostic interventions to emergency cardiac care.

The lab relocated to a different area of the hospital and the new site is optimal in design to address the needs of patients. The state-of-the-art equipment includes breakthrough cardiovascular technology that leads the industry in image quality.

Imaging equipment is known to be the core of a cath lab and is essential to expanding the view of the heart and blood vessels of a patient in cardiac distress.

“We treat what we see,” said Army Maj. Shaun Martinho, chief of TAMC Cardiology Service. “The better the resolution, the more accurate our judgment on severity and placement of a coronary stent.”

Using the most advanced cardiac imaging equipment, health care specialists at the cath lab perform the most complex interventional cardiology procedures

with more accuracy and precision than ever before.

Within minutes, a cath lab team can respond to a cardiac emergency, perform a heart catheterization to locate a blocked artery, open it up and restore blood flow to improve a patient’s clinical symptoms significantly.

According to the American Heart Association, during a heart catheterization procedure, a small hollow tube called a catheter is inserted and advanced inside the artery using X-ray guidance to navigate to the vicinity of the heart. Contrast dye is then injected through the catheter to show where arteries are blocked; if blockages in the coronary arteries reveal treatment is needed, follow-on procedures may be performed.

The provider, clinical staff and even the patient can view diagnostic procedures on a high-definition flat-panel screen that extends from the ceiling to show a clear visualization of even the smallest vessels.

Until recently, higher X-ray dose settings were needed to obtain better image quality resulting in more radiation exposure to the patients and clinical staff. The new technology offers high-quality imaging with low X-ray dose settings to better manage radiation exposure.

“We would actually have to stop the procedure due to overexposure and wait and bring them back; we don’t have that issue anymore,” said Joseph Hill, a TAMC cardiovascular technician. “The less radiation exposure to patients and staff also allows us to do more complex procedures.”

The cutting-edge equipment allows the operator to gain real-time feedback of X-ray dose reception and instant access to dose history during the procedure. The flat panel technology converts the X-ray signals into high-quality digital images, which reduces the radiation dose required for optimal visualization.

Another unique feature, SyncVision, has streamlined these procedural advancements.

Martinho explains, “SyncVision is a live-action computer enhanced visualization that provides instantaneous feedback and additional tools to guide coronary diagnosis and treatment.”

Martinho was first introduced to SyncVision and its capabilities while studying at the University of Minnesota, experiencing firsthand a breakthrough in interventional cardiology practice.

With only approximately 20 medical centers in the country using the equipment at the time, Martinho said, “There are probably a lot more centers using this now, but we are the only one on the island currently with SyncVision.”

As developments in medical technology continue to advance and upgrade, newer technologies are likely to become mainstream throughout the country. And with better visualization, the ability to perform more straightforward procedures, and enhance the safety of patients and clinical staff in X-ray environments, this groundbreaking technology can ultimately help save the life of a patient in cardiac distress.

Still more progress needed to manage brain injuries, says study

DR. CHAD GRILLS
Brain Injury Program Lead
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — A recent research study published January in the journal *Brain* examined the brains of four male athletes aged 17-18 who had sustained recent sports-related concussions one day to 4.2 months prior to their deaths. It is rare that researchers have the opportunity to perform autopsies to examine the brains of recently concussed individuals.

While each case is potentially informative to our understanding of traumatic brain injury (TBI), two of the cases are particularly relevant to the Army and serve to underscore the importance of the Army’s approach to managing concussions.

One case involved an 18-year-old high school athlete who had four prior sports-related concussions. He had played football, rugby, soccer and hockey, and ultimately progressed to a semi-professional level of rugby. One month before he died, he sustained a concussion while playing rugby. His primary symptom post-injury was being very tired.

He sustained a second rugby-related concussion two weeks later. He collapsed on the sidelines and was hospitalized for two days for observation. Seven days later, after discharge from the hospital, he did some weightlifting. Later that day, he collapsed at home while eating dinner and was taken to the hospital, where he died from brain swelling.

The second case worth highlighting involved a 17-year-old high school football player who sustained multiple sports-related concussions in close proximity to each other. The first occurred 26 days prior to his death. The second occurred six days prior to his death. The third final and fatal concussion occurred during a football game wherein he landed on his helmet because of a tackle. He was rendered unresponsive and had a seizure. He was intubated and ventilated on the field and then taken to the hospital where he underwent emergency surgery to relieve brain swelling.

Despite the surgical intervention, his swelling progressed and he died one day later. The diagnosis was “second impact syndrome.”

Brain swelling can result in an individual’s death because the portions of the brain that support vital functions, such as breathing, are damaged by compression into the narrow opening at the base of the skull that marks the beginning of the spinal canal.

These are rare cases, not just because of their availability for brain autopsy, but also because of their fatal outcomes. The good news is that these cases are rare, so much so that no one knows the number of cases per year.

The majority of individuals who sustain concussions do not die. They resolve in a relatively short amount of time – days to weeks, in most cases. Furthermore, most cases of repetitive concussions do not result in death, though the recovery times can be longer.

However, despite their rarity, such cases highlight the potential dangers and the importance of proper concussion management.



Photo by Ramee Opperrude, U.S. Army Health Clinic-Schofield Barracks Public Affairs

Herman Bright speaks with Dr. Karen Wang, optometrist, with TAMC Optometry, about the impacts of concussions to a patient’s vision.

As a clinician-researcher who is devoted to excellence, I am proud of the DOD’s clinical practice guidelines for management of concussions. You should be too. The DOD has truly led the way in the development of concussion management protocols, which have received accolades in the peer-reviewed medical literature.

These clinical management protocols are further supported by operational orders that require Soldiers to

be medically evaluated within 12 hours after a potentially concussive event, both in theatre and in garrison. They further require 24 hours rest followed by medical re-evaluation. Individuals with multiple concussions within a 12-month period require more in depth evaluations and rest periods.

Unfortunately, many Soldiers are unaware of these requirements despite mandatory TBI training. And these mandatory rest periods often butt up against the prevailing ethos of the warfighter, which understandably would prefer to “shrug it off” and drive on.

Many Soldiers come to our Brain Injury Clinic having jumped back in the ring while still symptomatic after sustaining a concussion during combatives (“I just wanted to finish the course!”) or after continuing PT despite a concussion from a fun game or two over the weekend (“I thought I was fine, but the headaches just got worse and worse”).

I have noted significant culture change over the past 10 years I have led the TBI program at Schofield Barracks Health Clinic. This change is characterized by increasing acceptance of the importance of proper concussion management. More and more Soldiers seem to appreciate the importance of taking a knee, so they can get back in the game later.

However, we still have a long way to go. If you have sustained a concussion, don’t risk it! Get it checked out.